

## Nebraska Food Distribution Processed Commodity Fact Sheet

**Name:** \*Chicken, Tenders Breaded

**Product Code:** 3859

**Processor:** Tyson Foods, Inc.

**Category:** Meat and Meat Alternate

**Date:** 4/12/2005

**Description:** Breaded teardrop shaped chicken tender, containing white chicken meat. The product is fully cooked, it is a heat and serve item.

**Pack Size:** 144 servings

**Storage:** Store at 0 degree's F or below

**Preparation:** Keep frozen until ready to use.

**Cooking:** Heat 7-10 minutes in convection oven at 375 degrees or 16-19 minutes in conventional oven at 375 degrees.

**Serving Size:** Three 1.13 oz Tenders per serving

**Meal Contribution:** 2 meat/meat alternate and 1 bread alternate

Nutrition Facts			
Calories:	230.00	Protein:	16.00 grams
Total Fat:	13.00 grams	Carbohydrate:	12.00 grams
Saturated Fat:	3.00 grams	Cholesterol:	55.00 mg
Trans Fat:	grams	Calcium:	24.00 mg
Iron:	2.00 mg	Dietary Fiber:	1.00 grams
Sodium:	730.00 mg	Vitamin C:	0.00 mg
Vitamin A:	60.00 IU		